



DEMONSTRATION KITCHEN

Michigan Peach and Rhubarb Chutney

8 ounce	Fresh Michigan Peaches (Romeo or Grand haven)	<i>Fiber, Vitamin A, Vitamin C, Niacin</i>
1 ounce	Dried Traverse city cherries	<i>Vitamin A, C, Magnesium, Iron, Fiber, and Folate</i>
2 ounce	Diced Sweet Onion	<i>Vitamins B6, C, K, Biotin, Chromium, Fiber, Folate</i>
2 ounce	Fresh Rhubarb (Peeled and small diced)	<i>Vitamin K, C, Manganese, Calcium, Fiber</i>
1 tablespoon	whole unsalted butter	
1/8 teaspoon	ground Cinnamon	<i>Manganese</i>
4 ounce	light brown sugar	
3 ounce	Michigan White Wine (Black star Chardonnay is great)	
1 ounce	rice wine vinegar	
Zest of one lemon		
1 Tablespoon	Fresh Lemon Juice	<i>Vitamin C</i>

Method:

1. In a thick gauge pan over low heat “stew” the onion and rhubarb with the butter until translucent (about 10 minuets).
2. Add all remaining ingredients and simmer on medium heat for 15 to 25 minuets.
3. Cool and serve on Poultry or Fish.

Peaches are rich in Vitamin A and may help prevent cancer in organs and glands with epithelial tissue. Research has also suggested that peaches have good to excellent antioxidant activity, some antimicrobial activity and good to excellent tumor growth inhibition activity.

Cherries have been linked to many important health benefits. They may help ease the pain of arthritis and gout and reduce the risk factors related to heart disease, diabetes and certain cancers. Cherries also contain melatonin, which has been found to help regulate the body’s natural sleep patterns, aid with jet lag, prevent memory loss and delay the aging process.

Rhubarb has been credited with aiding indigestion, lowering blood pressure, diminishing hot flashes, lowering cholesterol, and reports of anti-oxidant, anti-inflammatory, and anti-allergy, and anti-cancer properties.

Cinnamon helps prevent unwanted clumping of blood platelets and is an anti-inflammatory. Cinnamon also contains manganese which ensures healthy bone structure, bone metabolism, and helps in building essential enzymes for building bones. It acts as a coenzyme to assist metabolic progression in the human body as well.



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From the recipe file of Chef Frank Turner